

**ABSTRACT OF THE DISCLOSURE**

A method and apparatus for use in controlling a device or process. The first step of the method involves attaching a detector (20) adapted to detect mechanical vibrations to a person's head (22). A second step involves detecting mechanical vibrations elicited by sudden contact of upper teeth (24) and lower teeth (26). A third step involves using the mechanical vibrations to trigger a signal to control operation of a device or process (36, 80, 82, 84, 86, 88, 90).